

## REGISTRATION FORM

Health  
is  
Wealth!

### Be Active New York State

65 Niagara Square c/o Room 607  
Buffalo, New York 14202  
Fax (716) 851-4309

Name \_\_\_\_\_

Address \_\_\_\_\_  
Street

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Age \_\_\_\_\_ Gender Male \_\_\_\_\_ Female \_\_\_\_\_

### Current level of Physical activity. Please check (✓):

- ☐ Not physically active or active on an infrequent basis (twice a week or less)  
☐ Engage in light physical activity that totals at least **30 minutes per day**, 5 days a week  
☐ Engage in vigorous physical activity that increases my heart rate, makes me breathe hard and lasts at least 20 minutes / 3 days a week

Enclosed is my payment of: \_\_\_\_\_

\$15 for all six walks \_\_\_\_\_

\_\_\_\_\_ Walks x \$3.00 \_\_\_\_\_

Enclosed is a donation to support the Passport program. \_\_\_\_\_

**TOTAL ENCLOSED:** \_\_\_\_\_

### Waiver and Release of Liability

I understand that I need to consult with my doctor before beginning this physical activity program and waive all claims against the Wellness Institute, Parks/Malls, sponsors or any personnel for all damages, injuries, or losses I might suffer from **my voluntary** participation in these walks. I grant permission to use photographs, quotes, and demographic information from this series.

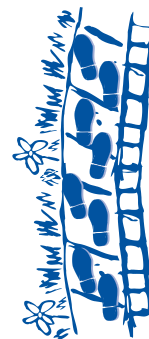
Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Be Active New York State  
c/o The Wellness Institute  
65 Niagara Square Room 607  
Buffalo, New York 14202  
www.BeActiveNYS.org

**Be Active**  
NEW YORK STATE  
Increasing Physical Activity

A PASSPORT TO WELLNESS FOR ADULTS 50+



WALKING FOR HEALTH

## "Be Active New York State"

### Passport to Wellness



For Adults 50+

### Walking For Health

Presented By:



www.BeActiveNYS.org

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## ABOUT THE "PASSPORT TO WELLNESS; WALKING FOR HEALTH" PROGRAM

The "Passport to Wellness" Program is an on-going series of guided walks designed to provide **fun and safe walking opportunities** for older (50+) adults.

The Passport program encourages you to use parks and malls for year-round physical activity. Valuable health information is provided at each walk along with a nutritious snack and time to socialize.

Supporters include the Wellness Institute, NYS Dept. of Health-Diabetes Prevention Program, the Erie County and City of Buffalo Departments of Senior Services, Living Prime Time Magazine, Leki, USA, and the Olmsted parks and community malls.

## HOW TO TAKE THE FIRST STEP

- ▶ **Pre-register (see registration form in this brochure) or**
- ▶ Sign-up on the day of the walking event (half hour before walk begins)
- ▶ **The moderate paced walks will begin promptly at**  
**Outdoor walks in the parks - 10:00 a.m.**  
**Indoor walks in the malls - 9:00 a.m.**  
Walks will take approximately 30 to 45 minutes.
- ▶ Two walking distances will be offered. The long walk is generally 2 miles and the short walk is generally 1 mile in length.
- ▶ Each walk will have an experienced walking leader and support staff. Please choose the distance in which you feel most comfortable.

## WALKING INCENTIVES

1. At the first walk you attend, you will receive your "Walking for Health Passport". Thereafter, for every walk that you complete, you will receive a sticker with a picture representing that walk.
2. **Collect your stickers and be eligible for BeActive prizes.**
3. At the final walk of each series (Fall, Winter, Spring), bring your Passport and attend a celebration for your accomplishments. Refreshments will be provided.

## SIX FABULOUS FALL PASSPORT WALKS

**Time: Registration begins at 8:30 a.m.**  
**Informative health presentation**  
**and warm-up begin at 9a.m.**  
**Long and short walk start at 9:15.**

### Walk 1 Friday, March 3<sup>th</sup>

WALDEN GALLERIA MALL,  
One Walden Galleria, Cheektowaga  
**Meeting place: food court**

### Walk 2 Friday, March 10<sup>th</sup>

BOULEVARD MALL,  
730 Alberta Drive, Amherst  
**Meeting place: food court**

### Walk 3 Friday, March 17<sup>th</sup>

EASTERN HILLS MALL,  
4545 Transit Road, Amherst  
**Meeting place: food court**

### Walk 4 Friday, March 24<sup>th</sup>

MCKINLEY MALL,  
3701 McKinley Parkway, Blasdell  
**Meeting place: food court**

### Walk 5 Friday, March 31<sup>st</sup>

BOULEVARD MALL,  
730 Alberta Drive, Amherst  
**Meeting Place: food court**

### Walk 6 Friday, April 7<sup>th</sup>

WALDEN GALLERIA,  
One Walden Galleria, Cheektowaga  
**Meeting Place: food court**



**The Wellness Institute is a United Way  
donor designated agency. Please consider us  
in your giving - Thank You.**

## WALKING YOUR WAY TO BETTER HEALTH

Based on the U.S. Surgeon General's recommendation, everyone should engage in at least 30 minutes of moderate physical activity on most, if not all, days of the week ([www.surgeongens.gov](http://www.surgeongens.gov)).

You don't have to over-exert yourself to enjoy the benefits of regular physical activity. Walking, dancing, gardening, even household chores - any activity that raises your heart rate will improve your health. Millions of Americans have already discovered that walking is an easy and pleasant way to feel better.

## BENEFITS OF WALKING INCLUDE

**Health:** Regular, brisk walking can help reduce your risk of heart disease, diabetes, or help manage these conditions.

**Reduced risk of injury:** Walking is gentle to the joints and contributes to muscle and bone strength, and balance.

**Convenience:** You can walk almost every day in the spring, summer, or fall and at many malls in the winter.

**Low cost:** There are no costly equipment - you only need a pair of comfortable shoes and a good umbrella.

**A social time to be with people you enjoy:** You can walk with family and friends. It is refreshing physically, mentally, socially and is fun!

**Alternative to unhealthy habits:** Substitute a brisk walk for unhealthy habits such as excessive eating, smoking or a sedentary lifestyle.

## WALKING TIPS

- ✓ Wear comfortable, sturdy shoes.
- ✓ Bring along water.
- ✓ Wear comfortable, lightweight, weather appropriate clothing.
- ✓ Bring a friend - the Passport to Wellness program is fun!
- ✓ Remember to bring your passport.
- ✓ Check with your physician for advise if you are just starting a walking program.

Graphic Design: Kaiser Design Studio